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### Local nutrition screenings offered for older adults

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# The University of Montana

## NEWS RELEASE

University Communications  
Missoula, MT 59812  
(406) 243-2522

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This release is available electronically on INN (News Net).

Feb. 13, 1995

### LOCAL NUTRITION SCREENINGS OFFERED FOR OLDER ADULTS

#### MISSOULA--

Adults age 60 and over wondering about their nutrition needs can find the answers to their questions at a series of free screenings offered by the Rural Consortium for Health Outreach Information and Services (CHOIS) throughout western Montana. CHOIS is a project of The University of Montana's Rural Institute on Disabilities.

The workshop, "Taking Charge of Your Health: Nutrition for Your Future," will cover issues such as making cooking easier, dealing with appetite loss and determining which vitamins are important for older adults. Participants will get a personal review of their nutritional intake and can find out whether they are meeting all their nutritional needs and how to get help doing so.

On Thursday, March 2, a screening is scheduled for the St. Regis Senior Center at 1 p.m. On Wednesday, March 8, screenings will be held at the Plains Senior Center at 9:30 a.m. and the Camas Hot Springs Senior Center at 1:15 p.m. A screening will take place Thursday, March 9, at the Dixon Senior Center at 9:30 a.m.

The CHOIS project is funded by a three-year grant from the Department of Health and Human Services. The consortium involves UM's departments of social work and nursing, the UM School of Pharmacy, Community Medical Center and the Western Montana Agency on Aging.

For more information, call 1-800-93-CHOIS (1-800-932-4647).

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**Contact:** Steve Dalin, Rural Institute on Disabilities (406) 243-5467

JLS

Lake County Ledger, Char-Koosta News

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